



THE MYSTIC CORDS OF MEMORY, STRETCHING FROM EVERY BATTLEFIELD AND PATRIOT GRAVE TO EVERY LIVING HEART, SHOULD SWELL INTO A MIGHTY CHORUS OF REMEMBRANCE. GRATITUDE AND REDEDICATION ON THIS SOLEMN OCCASION.

—ABRAHAM LINCOLN

LEST WE FORGET: Participate in 'National Moment of Remembrance' on Memorial Day



More than one million Americans have lost their lives while serving their country. As Memorial Day approaches, it is important that we as a nation honor and remember those who have made the ultimate sacrifice in service to our country.

Many people have never asked themselves, "What can I do to honor these individuals?" or even taken the time to think about the significance of this day, other than it being just another federal holiday.

Along with other Americans, you are asked to observe the *National Moment of Remembrance* on Memorial Day, Monday, May 30 at 3 p.m. local time (duration: one minute). The time 3 p.m. was chosen because it is the time when many Americans are enjoying their freedoms on the national holiday. There are several different ways for you to become involved. Listed below are some suggestions.

- Take time wherever you may be to pause for one minute at 3 p.m. local time on May 30th. If you are driving, turn on your lights.
- Explain to children the importance of Memorial Day and the significance of pausing to reflect on those who died in service to their country.
- Fly an American flag.
- Participate in Memorial Day events (see below).
- Visit the *National Moment of Remembrance* Web site at: <http://www.remember.gov>.
- Call a friend or family of a veteran who sacrificed to say, "Thank you."

MEMORIAL DAY EVENTS

Fleet Reserve Association ceremony

Memorial Day services will be held by the Fleet Reserve Association at the Memphis Yacht Club at 10 a.m., May 30. Visitors are welcome. Call 388-2318 for more information.

National Cemetery

National Cemetery, 3568 Townes Avenue (below the viaduct at Jackson and National), will hold its annual Memorial Day service at 2 p.m. this Sunday.

"They are not dead who live in lives they leave behind. In those whom they have blessed they live a life again." -- Eleanor Roosevelt

As we remember our fallen heroes, our hearts go out to those who can never forget -- the families they left behind ... people whose wounds are still fresh 20, 40, and 50 years later. For those of us who have not lived it, it is hard to imagine what it must be like: seeing -- with shock and puzzlement and dread -- a uniformed officer and a chaplain approach the front door, hearing them express the deep sorrow and gratitude of the United States, saying, "We regret to inform you ..."

Do not think in terms of thousands of casualties, but think of each in terms of one. Because each casualty was someone's loved one.

At the end of any war, the image of a jubilant country dancing and flag-waving in Times Square is vastly different from that of a widow and her children who must face the rest of their lives without a husband and a father.

Observance of the *National Moment of Remembrance* on Memorial Day, Monday, May 30 at 3 p.m. does not replace the traditional Memorial Day observances. It is intended to be a unifying act of remembrance for Americans of all ages. As you participate in the moment, you are helping reclaim Memorial Day for the noble and sacred reason for which it was intended -- to honor those who died in service to our nation.

Participation is voluntary and informal. You may observe in your own way a moment of remembrance and respect, pausing from whatever you are doing for a moment of silence or listening to "Taps."

Chapel's Regina Lawson picked for NSA Mid-South COQ

Regina Lawson, secretary for the base Chapel, has been chosen NSA Mid-South's Civilian of the Quarter for the second quarter of 2005 due to her exceptional performance, especially in light of the recent deployment of the Chapel's leading petty officer (LPO).

Lawson's help was critical for coordinating the fiscal and administrative oversight of Religious Ministries Programs. She is integrally involved in the details of every project, from its inception and organization to its publicity and completion. Examples include her coordinating events with off-base agencies such as the Millington Mayor's office, local business and churches, and on-base agencies and civilian volunteers.

Lawson oversaw the functioning of the Chapel Ministry to a population of several thousand military

and civilian personnel, and maintained monetary oversight for a \$48,000 OPTAR budget and an \$50,000-plus Religious Offering Fund, which benefited southwest Tennessee community religious and civic organizations.

Other responsibilities included coordinating the Religious Ministries Activity-Based Cost Management, Balanced Scorecard, and all monthly administrative recurring obligations. Recently she became Religious Offering Fund alternate custodian due to the LPO's absence and has successfully assumed leadership of the office staff.

Listed below are some of the major Religious Ministries Programs in which Lawson has played an integral part during the second quarter:

National Prayer Breakfast -- Lawson singlehandedly oversaw



Regina Lawson

this highly visible program, which greatly impacted the local community. Her involvement included liaising with the mayor's office, community businesses and churches, and a host of base support activities.

Easter Sunrise Service -- Attendance increased from 2004 due to Lawson's skills in coordinating this event. She worked with a many organizations including local churches, the Navy Lake House, MWR, Security and Public Affairs to arrange logistics for this worship service and the following continental breakfast. Her work included publicity, delegating responsibilities for set-up and cleanup, and producing the worship program and bulletin. Her help was critical and insured the success of this event.

Bible Studies and weekly worship services -- Lawson's administrative oversight over five Bible studies and weekly worship services, along with her skills at public affairs work, has made her an invaluable asset in promulgating events and creating programs and bulletins which resulted in increased attendance, affecting both the base population and the local civilian community.

Lawson has increased the Religious Ministry's efficiency and organization, resulting in execution of mission despite diminished staffing.



Wayne Smith photo

Base personnel crowd the Bingo Hall to gather MWR program information and get a plate full of food samples.



Wayne Smith photo

NCCS(SW) Dan McCoy fills out an entry for a gift drawing sponsored by the Ellison Recreation Center.



Wayne Smith photo

A NSA Mid-South Security patrolman gets a closer look at the NASCAR race car on display just outside the Expo.

Newsbriefs

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Walk-ins are discouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

Summer camp for children of deployed

A free summer camp is being offered for family members of deployed military (all branches) by the National Military Family Association. They hope to sponsor 2,000 children across America. For more information, please consult their Web site: http://www.nmfa.org/site/PageServer?pagename=operation_purple_2005.

NEX Pharmacy

As of June 1, the NEX Pharmacy at NSA Mid-South will close daily from noon-1 p.m. This change is necessary in order to maintain the highest standards of patient safety at all times, while also considering critical staffing issues. TRICARE Network Pharmacies are available for all after-hours or weekend needs. The NEX Pharmacy hours will be as follows: Monday through Friday, 8 a.m.-4 p.m. (closed noon-1 p.m.); first Thursday of each month, 8 a.m.-noon; Saturday, Sunday and all federal holidays, closed. All prescriptions must be turned in 30 minutes prior to close of business to ensure same-day processing.

Passport photos

Due to budget constraints, effective June 1, NSA Mid-South Public Affairs can no longer provide photos for official passports. Contact Personnel Support Detachment Mid-South for instructions on reimbursement for photos taken at local retailers. Photo services are available at several locations in Memphis and Millington. See the yellow pages for details.

Commentary

Speaking for the fleet

The critical days of summer

By **FLTCM(AW/SW)**
Jon R. Thompson
Fleet Master Chief Petty Officer
U.S. Fleet Forces Command

In less than a week, the Navy enters the critical days of summer. From Memorial Day to Labor Day, the Navy incurs more off-duty mishaps and traffic deaths than it does the entire rest of the year. The most alarming fact is that 100 percent of the mishaps and deaths are preventable. Hence, I would like to discuss with you how devastating this period is to our overall readiness, in addition to the huge emotional toll on the families and friends of those who know and serve with those who become statistics.

In fiscal year 2004, 119 Sailors and Marines died in motor vehicle crashes and another 32 died in off-duty and recreational incidents. That's 151 Sailors and Marines that died unnecessarily because of poor judgment!

This summer, the Navy has three specific goals that depend on your commitment: to raise awareness, to teach skills and behavior that result in mishap reduction, and to provide alternatives to high-risk behavior. The goals look great on paper, but for the Navy to achieve them, each and every one of you needs to cooperate and understand the decisions you make on a daily basis, on and off-duty, will ultimately dictate how well we do ... and whether or not you enjoy your summer in the sun or in the hospital.

As we enter summer, most of you will be spending more time outside and enjoying the nicer weather. The days are longer, everyone seems to be in a better mood, and there's a more carefree attitude that accompanies the summer months.

The summer months also see more Navy people transfer than any other time of the year, and the summer months are prime vacation months. Because of this, more Sail-

ors are on the highways, making long trips, than at any other time of the year. Unfortunately, the longer days, warm weather and increased travel bring with it dangers that, if not understood, have the potential of ruining your (or your family's) summer.

While most look forward to summer, I know only too well that many of you think you're invincible. You think accidents only happen to other people, and you think combining alcohol and driving isn't as bad as others say it is. The problem is, I know you're wrong ... dead wrong. The most distressing part of my job is hearing about Sailors who lose their lives because they were careless.

Shipmates, do your shipmates, your family, yourself and me a favor. Make a commitment to be safe this summer. When you consider how most of our accidents and deaths occur, it's not hard to realize how to overcome the risks. Here are a few quick tips to avoid the top hazards:

- Never combine alcohol and driving, not a car, a boat, a jet ski, a motorcycle -- nothing.

- Always wear your seatbelts! Make sure all others in your vehicle wear theirs as well.

- SLOW DOWN! Obey the speed limit. Excessive speed kills; it's that simple. If you plan accordingly, you won't need to be in such a hurry.

- If you're going to take a trip, get plenty of rest and limit your mileage to about 500 miles in a single day. If you feel drowsy, stop and get some rest. If you are traveling with a spouse or friend, share the driving.

- If you're going to swim, ensure you have a buddy. I'm always amazed how many Sailors drown each year. I often wonder where his or her friend was when they entered the water.

Of course, not all Sailors die on the highways or out on the water. We also lose Sailors in off-duty mishaps that are not as statistically significant. Sailors have died falling off roofs.



FLTCM(AW/SW) Jon R. Thompson

Sailors have also shot themselves, lost limbs in power tools, died because of electrocution, and probably by many other means that could only be described as reckless and careless.

Summer is a wonderful time of year. However, if you're young, you're more at risk than you might believe. In fiscal year 2004, 43 percent of all recreational mishaps happened to Sailors between the ages of 18 and 22. Additionally, 19 percent of the fatalities occurred while riding ATVs or off-road motorcycles, and 14 percent were due to drowning. Oh, and age isn't the only prime factor. More than 65 percent of all our fatalities happen at night, particularly on weekends. If you think alcohol is a prime factor in most accidents and fatalities, you're right. I've personally found that alcohol (in moderation) is only good when mixed with good food ... nothing else.

My final challenge to each of you as you head into summer is to look out for each other and your families. All of us have made dumb decisions, but how many times have you changed your mind about something because a family member or friend told you, "Hey, that's pretty stupid. I don't think you should do that?" Advice like that is priceless! The difficult part is heeding the advice.

A note to supervisors: You have a responsibility to personally counsel your Sailors on how to be safe in off-duty activities. Talk with your Sailors about their vacation plans, long weekend events and related themes. Good leadership does not stop at "liberty call." Your Sailors look up to you and, contrary to popular belief, they do listen to you.

Chaplain's corner

Deeper meaning

By Gina Lawson and RP3 Larhonda White (Chapel Staff)

As our Chapel staff was talking about Memorial Day, talk quickly went from the sacrifice of service members to grilled hamburgers and chicken recipes.

Then we talked about what Memorial Day means to each of us. One mentioned that it kicks off the summer. Another person said that after 9/11, they gave much more thought to why we commemorate

this day.

What does this day mean to you? Do you feel that the true meaning has been forgotten by many?

One way to commemorate Memorial Day is to give thanks to God for those who gave their lives so that we might be free. Then ask God to comfort the families and loved ones who are left behind.



Wayne Smith photo

Maintenance workers get the All Hands Pool on base ready to open for business this Memorial Day weekend (starting May 27). Use of the facility is free to active duty, Reservists, retirees, and children age three and younger. Punch cards are available for reduced rates, according to paygrade, and may be purchased at the All Hands Pool or the Joe Dugger Fitness and Wellness Center (bldg. S-499).

Ready for the pool?

From the American Red Cross

The Mid-South Chapter of the American Red Cross reminds families to follow these safety tips for staying healthy and safe in or around the water:

- **Learn to swim and swim well.** One of the best things anyone can do to stay safe in and around the water is learn to swim. No one, including adults, should ever swim alone. Adults should practice "reach supervision," which means to be within arm's length of a child in case an emergency occurs.

- **Outfit everyone with the proper gear.** Kids -- and even adults who are not strong swimmers or who appear to rely on inflatable toys for safety -- should use U.S. Coast Guard-approved personal flotation devices (PFDs) whenever they are in or around water. Everyone, including strong swimmers, should use an approved PFD when boating. When used properly, this lightweight plastic equipment can help save lives.

- **Know how to use lifesaving equipment.** A first aid kit, cordless

phone, phone list with emergency contact information, reaching pole and ring buoy with a line attached are recommended. First aid kits should contain plastic face shields, which can help prevent disease transmission. Plastic ring buoys are a good idea because of their maneuverability; even a child can use one if the need arises. In addition, the Red Cross recommends that pools be surrounded on all sides by a fence that is at least four feet high. It should not provide any footholds which would allow a child to climb over or spacing to climb through. The fence should have a self-closing, self-locking gate locks when the pool is not in use.

- **Swim in supervised areas only.**
- **Obey "no diving" signs.**
- **Watch out for the dangerous "too's."** Take a break at the point of being too tired, too cold, too far from safety, too much sun, too little hydration, or too much strenuous activity.
- **Don't mix alcohol and swimming.** Alcohol impairs judgment, balance, and coordination, affects swimming and diving skills and reduces the body's ability to stay warm.

Don't lose the card game

If you have a complaint about your credit card, you can get instant action if you know how to play the game.

- Dial 0, #0, or #9 to escape an automated menu.
- Mumble into the phone to get an operator.
- Call mid-afternoon Tuesday through Thursday when it's least busy.
- Ask for a supervisor, and use words like "frustrated" and "disappointed." Usually, these key words get the situation resolved quickly.

BALANCING ACT


According to *Money* magazine, if you carry a balance on reward credit cards, the higher rates you pay will wipe out the value of any perks you earn. Instead, look for cards with low rates. If you pay your bill in full every month, it's okay to have a card with great rewards.

SITTING ON YOUR CASH?

You've just read in *The Wall Street Journal* that close to 35 million households are either over their limit or

behind on their credit card payments. If you're thinking about cutting your losses by cutting up your credit cards, think again. Today, having a credit card is not a luxury; it's a necessity. According to smartcredittips.com, here are the reasons why you must have a credit card:

- Convenience: You don't have to carry a lot of cash and you can pay off purchases according to your budget. It also speeds up catalog and Internet purchases.
- Security -- Lost cash can be spent, but a lost credit card can be deactivated.
- Emergencies -- Credit cards can get you out of almost any emergency situation -- everything from a flat tire to a once-in-a-lifetime bargain.
- Travel -- Almost all travel purchases, such as car rental, hotel rooms and restaurants, require a credit card.
- To establish credit -- Most businesses make decisions based on your credit history.




Life is a balancing act...

If you can answer YES to any of the following questions, the NSA MidSouth Child Development Home program might be for YOU!


- I would like to bring in extra income for my family, but be able to stay at home with my child(ren).
- I live on base.
- I live within a fifty mile radius of the base.

We are looking for potential providers who will care for children under the age of two. If you are interested in becoming a CDH Provider, please make plans to attend our next scheduled orientation.



PROVIDER ORIENTATION

June 13-17
CDH Office, Bldg. S-780
0900-1500
Please RSVP by June 10 to Dianne Ciaccio at 874-7309 or email at: diane.ciaccio@navy.mil



Quality childcare in a loving, learning environment.



Quote noted

A good man can be stupid and still be good. But a bad man must have brains.

-- Maxim Gorky, Russian writer

The fate of love is that it always seems too little or too much.

-- Amelia Barr, English-U.S. writer

When we are planning for posterity, we ought to remember that virtue is not hereditary. -- Thomas Paine, U.S. author, founding father, patriot

There is science, logic, reason; there is thought verified by experience. And then there is California. -- Edward Abbey, U.S. writer

War is the unfolding of miscalculations.

-- Barbara W. Tuchman, U.S. writer, historian

When I see the Ten Most Wanted lists, I always have this thought: If we'd made them feel wanted earlier, they wouldn't be wanted now.

-- Eddie Cantor, U.S. entertainer

The Bluejacket

Commanding Officer	Capt. Helen F. Dunn
Executive Officer	Cmdr. Russell M. Chang
Public Affairs Officer	David W. Crenshaw
Editor	Julia A. Wallis
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MOSA scholarship recipients, left to right: Kendall Morton, Unique Hill, Ashley Martin, Meaghan Dunn, and Colleen O'Hara. Not pictured is Tracy Barnhill, who is in Italy on a school trip.

MOSA picks winners among college-bound

The Mid-South Officers' Spouses Association (MOSA) Scholarships are awarded annually to high school seniors in the local community who are military family members. Awards are given on the basis of the applicant's scholastic ability and accomplishments, extra-curricular involvement, reference letters and an essay. Scholarship money awarded will be used by the student to help pay tuition, room and board or textbook expenses during the coming academic year. An additional scholarship for \$1,000 is awarded by First Command Investment Corporation to the highest ranking applicant.

This year's awardees are:
ASHLEY MARTIN: A graduate of Southern Baptist Educational Center, Ashley will be attending Mississippi College in Clinton, Miss. Her intended major is elementary education in preparation for a career as an elementary teacher. In addition to being an outstanding student, Ashley is a gifted actress and is very active in volunteer missions work. As the top contender, Ashley not only received a MOSA scholarship, but was the recipient of another scholarship award presented by First Command. Ashley's proud parents are Lt. Cmdr. Charles Scheel, U.S. Coast Guard Reserve, and Debbie Scheel.

TRACY BARNHILL: Tracy is graduating from Westminster Academy, where she is a high achiever in a classical education curriculum. Tracy will study English and creative writing at

Rhodes College in Memphis, and wants to be a freelance writer. A poet and athlete, Tracy was also captain of her school's volleyball team. Tracy's parents are Cmdr. Jon Barnhill, U.S. Navy (USN), and Alice Barnhill.

MEAGHAN DUNN: Meaghan is graduating from Millington Central High School (MCHS). She plans to attend Baylor University, Waco, Texas. Although her major is undecided at this time, she's looking forward to a career, possibly in physical therapy or international studies. An athlete as well as a scholar, Meghan was captain of the Millington Girls' soccer team. Meaghan's parents are Capt. Helen Dunn, USN, and Michael Dunn.

UNIQUE HILL: Also a graduate of MCHS, Unique will be attending the University of Memphis, where she will study psychology in preparation for a career as a child psychologist. Unique is a cheerleader and very involved in her church. She impressed the committee by her candid and very personal essay. Unique's parents are ABEC Henderson Hill, Jr., USN, and Connita Hill.

KENDALL MORTON: Kendall will graduate from Cordova High School and plans to attend the University of Memphis, where she will study political science and government. Kendall loves the theatre and has performed in many plays. Additionally, Kendall has been an active volunteer for many children's charities. Kendall's parents are Capt. Douglas Morton, USN, and Margaret Morton.

COLEEN O'HARA: Graduating from Southern Baptist Educational Center, Colleen will attend Liberty

University, Lynchburg, Va., where she will major in elementary education. Desiring a career as an elementary teacher, she is already working toward this goal by volunteering as an elementary teacher's aide and children's church assistant for several years. Coleen's parents are Capt. John O'Hara, USN, and Gay O'Hara.

Officers' spouses' successful silent auction yields scholarship funds



Members choose new officers

NSA Mid-South Commanding Officer Capt. Helen F. Dunn welcomed the new MOSA officers for 2005-2006 just before she made the award presentations to scholarship recipients on Tuesday, May 17th, at the home of Rear Adm. Jeffrey and Katie Fowler. Pictured left to right are Ginna Kennedy, incoming secretary; Susanne Bower, incoming treasurer; Gay O'Hara, outgoing vice president and acting president; Sandy Nuefer, incoming vice president; and treasurer, Peggy Blome. Not pictured was incoming president Frieda Gureck.



High bidding for a smarter tomorrow

People attending the Mongolian Barbecue on Saturday, April 30th at the Helmsman Complex had the opportunity to bid on more than 160 items donated to the Mid-South Officers' Spouses Association (MOSA) an-

nual silent auction. The silent auction brought in more than \$6,000 that was awarded to MOSA's scholarship winners. MOSA wishes to thank all the people and organizations that donated items to the auction.

5 DAY BIBLE CLUB

ONE WAY

JULY 11 - 15, 2005 FROM 3 - 4 P.M.

NSA YOUTH CENTER

Missionary Story Bible Story Memory Verse

FREE for anyone K - 5th Grade. Your child **does not** have to be a member of the Youth Center to attend. Registration is required. Please sign up at the Youth Center. For more information call The Chapel Center at 874-5341

This is a free non-denominational Christian program sponsored by the NSA Chapel Center in partnership with Child Evangelism Fellowship. This is not an MWR event. All children attending must have a permission slip signed by a parent or legal guardian (available at the Youth Center).

Psychologist at NPC to hold stress, quit-smoking classes

By Julia Wallis

Anthony P. Doran, PhD., a clinical psychologist for Navy Personnel Command (NPC), will conduct stress management and tobacco cessation classes on Thursdays in June. Anyone may attend the classes by registering with Doran at 874-4391. Space is limited.

Doran, who is the program manager for the Navy's Suicide Prevention and the Exceptional Family Member Programs at NPC, says he has special insight on the problems smokers have in quitting, because he is a former smoker himself. "I know what they go through," he said. "They are self-medicating with cigarettes to relieve stress. My methods incorporate some hypnotherapy techniques, but mostly I concentrate on the students maintaining a good diet, using nicotine gum and giving group support to their fellow class members."

These common-sense techniques carry over into Doran's stress reduction classes. His three-week course teaches standard relaxation techniques, as well as self-hypnosis, bio-feedback and "cognitive" self-talk, where the student trains him or herself to think positively and not blow the negative elements of a situation out of proportion.

"In the last week," said Doran, "we



Doran

sessions a week are enough to reduce stress."

In addition to his administrative duties as a program manager, Doran sees military adult and pediatric patients referred either by their physicians or the Fleet and Family Support Center. His patients typically suffer from anxiety and/or depression as diagnosed by their doctors. Doran said he is also open to developing other self-help classes if the community expresses a particular need.

Doran entered the Navy in July of 1991. He received his doctorate in clinical psychology from the University of Hartford, Conn. He completed internship training at Portsmouth Naval Hospital, Portsmouth, Va.

Following training at Portsmouth, Doran worked as a staff psychologist at Camp Lejeune Naval Hospital. At this 150-bed hospital, he was one of three psychologists in the Navy to have admission privileges to a major

put on exercise gear and head over to the gym for high-intensity physical training. This type of exercise is ideal for people who have little time to spare. A couple of 20 or 30-minute exercise

medical center, and functioned as both the head of outpatient and inpatient psychiatric services.

Doran completed his post-doctoral fellowship in pediatric neuropsychology at Harvard Medical School, Children's Hospital, Boston, Mass. Following his training at Harvard, he worked at the Branch Medical Clinic in Iwakuni, Japan, managing Educational and Developmental Intervention Services and ancillary services; meeting the mental health needs of adults and children, and overseeing various departments such as the pharmacy, lab, and radiology. From 2000 to 2004, Doran was assigned to Naval Survival School in Brunswick, Maine, functioning as a special assistant.

While in this position, Doran assisted in coordinating the research efforts of the Navy, Army and Yale Medical School in further investigating the human response to severe, uncontrollable stress. The results of these studies have been published in a number of journal articles and in an upcoming book, *Military Psychology*, edited by Navy Lt. Carrie Kennedy.

During this tour Doran participated in the repatriation of the EP-3 crew from China whose crippled aircraft was forced to enter Chinese airspace and make an emergency landing there in 2001. Doran debriefed the crew upon their return home, checking them for signs of post-traumatic stress disorder.

Memorial Day: beginning of a safer summer

By Gail Evans
NSA Mid-South Public Safety
Office

Memorial Day arrives in just a few days. It marks the official start of the summer. Days get longer, but still never seem to be long enough to get everything done we want to get done. Outdoor activities will demand more of our time and attention.

Sun safety

The sun is usually the first to welcome us to summer. How many have already received a sunburn this year? I know I have. Last week I put out my tomato plants. It was a beautiful day with a nice breeze blowing. I never even thought about the sun. After all, it's still spring, and I was only out for 15 minutes at a time. But sure enough, there it was.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. By the time the skin starts to become painful and red, the damage has been done. In severe sunburns, blistering of the skin may occur. Thankfully I was spared that experience. The long-term consequences of years of overexposure to the sun are significant. One blistering sunburn doubles the likelihood of developing skin cancers. Chronic sun exposure causes premature wrinkling and aging of the skin. Sun exposure and ultraviolet damage have also been implicated in the development of cataracts.

Sunburn is better prevented than treated. Sunscreen, protective clothing, and ultraviolet-protected sunglasses are all recommended to prevent excessive sun exposure. Light clothing reflects the sun most effectively. Wearing a sunscreen with high sun protection factor (SPF) is recommended. The higher SPF numbers indicate greater protection.

Most doctors recommend a sunscreen SPF level of 30 or greater. Un-

fortunately, there is no way to get a "safe tan" from the sun. If you do get a sunburn:

- Try taking a cool shower or bath or placing wet, cold wash rags on the burn.
- Avoid products that contain benzocaine, lidocaine, or petroleum (like Vaseline).
- If blisters are present, dry bandages may help prevent infection.
- If your skin is not blistering, moisturizing cream may be applied to relieve discomfort.
- Over-the-counter medications like ibuprofen may help to relieve pain from sunburn.

Driving safety

Whether your Memorial Day trip is across the country or just across town, remember that all passengers must be buckled up in a car. Buckling up can substantially reduce the severity of injuries in nonfatal crashes. And be sure to buckle up your children. The Naval Safety Center indicates that for fiscal year 2005 we have already lost 59 Navy personnel. Private motor vehicles account for 38 of these fatalities, or about 64 percent. At the current rate, fiscal year 2005 will be better than the previous five-year period, but worse than the fiscal year 2005 goal. Clearly, these 38 are 38 too many. Many factors will account for these losses. While we cannot affect the driving of other vehicles, we can be prepared for their actions. Defensive driving includes reacting to the actions of other drivers. How many times have you been driving along, only to have a vehicle turn in front of you without using a turn signal? In case you did not know, these turn signals are standard in every highway vehicle. As long as they are there, why not use them?

There are also steps you can take to help yourself stay safe on the roads. Get plenty of rest before starting a trip. Behind the wheel, driving, is not the time or place to catch up on your sleep. Avoid distractions while driving.

Adjust the radio before you put the vehicle in gear, and pull off the road to answer that phone or change out the CD. Finally, don't let drinking and driving turn a holiday celebration into a tragedy. Even moderate consumption of wine or beer impairs a driver's ability to make proper decisions on the road.

Recreational safety

While motor vehicles make up for the largest portion of fatalities, off-duty and recreational activities claim the next largest group. So far this fiscal year, they have claimed 11 personnel. Our off-duty time is supposed to be a fun and relaxing time. Yet at 19 percent of the total loss, it is not the safest time. While you're at work, you tend to look at things with an eye toward what can go wrong. This same attitude should be taken home with you. A little thought applied before an incident happens may just help you to avoid it.



MWR Car Wash in full force again



Frank Zumwalt, Auto Skills Center manager, demonstrates the newly installed equipment at the MWR Car Wash, located on the north side of the base. The equipment installation is part of a \$37,000 renovation project at the Car Wash facility. All five bays have been upgraded and are open for business 24 hours a day, seven days a week. Call 874-5675 for more information.

Organizations seek nominations for awards

NAACP to give Roy Wilkins award

From NPC Communications

The National Association for the Advancement of Colored People (NAACP) is seeking nominations for the annual Roy Wilkins Service Award.

The NAACP promotes the protection and enhancement of civil rights for African Americans and other minorities. Its annual Roy Wilkins Service Award provides an excellent opportunity to recognize outstanding military personnel who have distinguished themselves. One military or civilian will be selected from the Navy and the Navy Reserve, as well as the other military services and the National Guard.

"Sailors have, for many years now, been at the tip of the sword with respect to our diversity efforts," said Lt. Andre Stridiron, of the Navy's Diversity Directorate Office. "It's nice to take time out to recognize and reward those individuals who contribute so much. In my opinion, everyone's a winner."

The prestigious Roy Wilkins Service Award will be presented at the NAACP Annual Convention July 9-14, in Milwaukee. The nominated awardee should be available to travel to Milwaukee during that week. Commands may provide funded orders (if available) to cover travel expenses for conference attendance, including transportation, per diem and registration fees.

Nominations must be received by May 31 (extended deadline), and nominees must have their commanding officer's or officer-in-charge's signed endorsement letter.

Details regarding the award nomination package and the conference can be accessed at the Navy Personnel Command Web site, www.npc.navy.mil/CommandSupport/Diversity/.htm. Click on "Navy Diversity Calendar conference" on the right of the page, and then click on the NAACP link.

Questions on submitting packages should be addressed to the Navy Diversity Directorate Office at DSN 225-2824 or 703-695-2824. Submit packages to the Diversity Directorate office (N1J/P00J), preferably via e-mail, to andre.stridiron@navy.mil.

Women Officers Professional Association rewards exceptional leadership

The Women Officers Professional Association (WOPA), in conjunction with the Military Officers Association of America (MOAA), is seeking nominations for its "Capt. Joy Bright Hancock Award."

The award is given annually to one Navy or USMC officer, paygrade O-5 and below, and one senior enlisted, Navy paygrades E-7 through E-9 or USMC paygrades E-6 through E-9, who have demonstrated exceptional leadership over time and contributed to the professional advancement and personal development of women in the Navy and Marine Corps. Nominees should also have made significant, lasting decisions that resulted in improved working conditions and quality of life for their peers and subordinates, as well

as the Navy and Marine Corps as a whole.

"Women are fully integrated into operations across the spectrum of the Navy in all areas, with the exception of the submarine force," said Lt. j.g. Stephanie Miller, Navy's Office of Women's Policy. "They are making significant contributions throughout the fleet at all levels of responsibility and rank. The Capt. Joy Bright Hancock Award is an opportunity to salute the accomplishments of key individuals who help to improve the quality of life for all women in the seagoing services."

The awardees should be available to travel to Washington, D.C., July 12-13 for the WOPA/MOAA symposium, where the award winners will be announced. Commands may provide funded orders (if available) to cover expenses incident to conference attendance, including transportation, per diem, and registration fees. Award nominations are to be submitted via e-mail, fax, or regular mail to WOPA headquarters by June 15 and must have the commanding officer's or officer-in-charge's signed endorsement letter.

Further award criteria and nomination instructions are available on the WOPA Web site at www.wopa.org/jbh_sample.htm.

For registration information to the symposium, visit the WOPA Web site at www.wopa.org.

Federally Employed Women organization seeks nominations

The Federally Employed Women (FEW) organization is seeking nominations for its "Military Meritorious Service Award."

The award is given annually to someone who has promoted the tenets of civil/human rights, race relations, equal opportunity, affirmative action, human relations and public service in support of women in government.

"Sailors throughout the fleet are making a difference by committing themselves to cultivating the values of diversity," said Lt. Andre Stridiron, of the Navy's Diversity Directorate Office. "The reciprocating support system established and provided between the Department of the Navy and organizations such as FEW help to prosper this effort and identify high-quality Sailors."

The award will be presented during FEW's upcoming 36th National Training Program, July 18-22, in Reno, Nev. The Military Awards Banquet will be held July 20 at 7 p.m. The theme of this year's convention is "Catch the Vision."

The awardee should be available to travel to Reno during the week of July 18. Commands may provide funded orders (if available) to cover travel expenses, including transportation, per diem, and registration fees. Award nominations are to be submitted via e-mail, fax or regular mail to the Navy Diversity Directorate office. Nominees must include a commanding officer's or officer-in-charge's signed endorsement letter.

Further award criteria and nomination instructions are available on the Navy Personnel Command's Diversity Directorate Web site at www.npc.navy.mil/CommandSupport/Diversity.

Happenings

Today

Navy Lodge 35th Anniversary Celebration: Navy Lodge, 11:30 a.m.-1 p.m.

May 27

All Hands Pool opens

May 27

Concert on the Green: 6:30 p.m., Glen Eagle Golf Course, featuring Navy Band

May 30

Memorial Day
Have a safe holiday

June 10

Personnel Support Detachment closed for PRT and command picnic

June 11

Military Night with Redbirds: 7 p.m., AutoZone Park, Memphis

June 24

NSA Mid-South change of command: 10 a.m., N-82 gymnasium

July 2

Flag City Celebration: 5 p.m., Navy Lake

July 21

Ladies' Fast Pitch Softball Show: Harlem Diamonds, north fields

Promotions and awards

NSA Mid-South

Good Conduct

AT1(AW) Dean L. Carpenter,
Sixth award
MA3 Treva S. Christian,
Second award

Length of service

20 years:
Linda Gurley, MWR/Child Development Center
Ursula Robinson, Environmental
Helen Soriano, Public Works Department

Gregory White, Public Works Department

25 years:
Gail Evans, Public Safety
Alan Loschky, Public Safety
Audrey Mumford, IBO
Vernon Watson, Public Safety

30 years:
Thomas Powell, Public Works Department



Capt. Helen F. Dunn, commanding officer of NSA Mid-South, gives the gathered graduates the "thumbs-up" sign.



A Webster University graduate (right) holds onto his tassel as he finishes his stage walk and a family member freezes the moment.

Finished with homework

Photos by Julia Wallis

The Navy College Office commencement was held May 20 at the Mid-South Conference Center. A total of 129 graduates from Park University, Southern Illinois University; University of Arkansas, Fayetteville, and Webster University received their diplomas in a variety of studies including applied sciences, criminal science, engineering, social psychology, operations management, management/human resources, and computer information systems. A standing-room-only crowd of families and friends filled the conference center to witness the hardworking degree candidates receiving their honors.



Members of the Millington Central High School Junior ROTC stand by to parade the colors.



Some graduates cannot contain their enthusiasm as loved ones in the audience witness their shining moment on the stage and yell encouragement.



Degree candidates stand for recognition.

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